

FRB30 Self-assessment Family Discussion Guide

Introduction (10 minutes)

Arrive at the meeting with copies of the completed FRB30 for each parent and for yourself. Read over the parents responses, keeping in mind that the items they choose to work on may change.

If you are transferring this information to the online form, please enter as much of participants actual comments as you remember or have in your notes. In developing more tools for organizations and families, detailed information is very valuable.

1. Family Name - full name of parents or guardians attending the interview.

2. Family ID

3. Your name and of person(s) working through the process with the family

4. Why did you decide to begin the Family Resource Builder process? and What did you like about completing the FRB30 self-assessment?

5. Was there anything about completing the FRB30 self assessment that was confusing? List and recognize those confusing items and clarify as needed.

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Priority Setting (20-30 minutes)

For each of you (looking at each caregiver individually) I'd like you to take about 5 minutes and circle 3 items that you might like to talk about during our time together. Ones that you feel you could work towards a better solution.

6. (Caregiver 1) What three items did you choose?

Item

Item

Item

7. (Caregiver 1) Which item one or two items were the most important of those you circled? Can you tell me more about why you chose that item(s) and what you see as your families need in this area(s)?

8. (Caregiver 2) What three items did you choose?

Item

Item

Item

9. (Caregiver 2) Which one or two items were the most important of those you circled? Can you tell me more about why you chose that item(s) and what you see as your families need in this area(s)?

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5 MINUTE BREAK / PART TWO PREP

Family members are excused to stretch and use restroom.

Helpers use time to review and prepare for Part Two - Goal Setting and Action Planning.

In the next part of the discussion, parents will choose one or two items from their priority setting task to proceed to set goals and define a set of action steps. At the end of the interview, an FRB Action Planning Goals and Outcomes carbon form will be completed for each item. The answers to the questions below will enable you to complete the form.

Keep in mind that there may be differences between the items each family member wants to resolve. If so, discuss those differences during the process.

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Goal Setting and Action Planning for Parent Choices (15 minutes)

Indicate Item (3-5 words) then outcome desired.

10. From all that you've shared in the first part of the our time together, what one or two things would you like to begin solving/resolving?

Caregiver 1 #1 item . .

. .

Caregiver 1 #2 item . .

. .

Caregiver 2 #1 item . .

. .

Caregiver 2 #2 item . .

. .

Additional Space

Repeat writing 3-5 word item descriptor, followed by what's happening now.

11. What's happening now relating to this problem or situation?

Caregiver 1 #1 item

resource request . . .

Caregiver 1 #2 item

resource request . . .

Caregiver 2 #1 item

resource request . . .

Caregiver 2 #2 item

resource request

Additional Space

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Goal Setting and Action Planning for Parent Choices (15 minutes)

Mom's #1 & #2, and Dad's #1 & #2. Repeat writing 3-5 word item descriptor, followed by what it would mean to them.

12. What would it mean to your family to solve those items?

Caregiver 1 #1 item	<input type="text"/>
What it would mean...	
Caregiver 1 #2 item	<input type="text"/>
What it would mean...	
Caregiver 2 #1 item	<input type="text"/>
What it would mean...	
Caregiver 2 #2 item	<input type="text"/>
What it would mean...	

Additional Space

Mom's #1 & #2, and Dad's #1 & #2. Repeat writing 3-5 word item descriptor, followed by their desired best solution.

13. If a miracle occurred tomorrow, what would be different for you? What have you considered as solutions?

Caregiver 1 #1 item	<input type="text"/>
BEST solution...	
Caregiver 1 #2 item	<input type="text"/>
BEST solution...	
Caregiver 2 #1 item	<input type="text"/>
BEST solution...	
Caregiver 2 #2 item	<input type="text"/>
BEST solution...	

Additional Space

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Family Resources Needed to achieve a great solution (15 minutes)

This section focuses on the resources the family needs to achieve a solution to the identified problem(s). Be sure to allow the family to express their ideas for resources, allowing them to keep the problem ownership in order to successfully resolve the problem. (See PHA article Patient Engagement for more details).

Write 3-5 word item description, followed by resource help needed.

14. What would be a help for you in resolving this situation?

Caregiver 1 #1 item resource request . . .

Caregiver 1 #2 item resource request . . .

Caregiver 2 #1 item resource request . . .

Caregiver 2 #2 item resource request . . .

Write 3-5 word item description, followed by 3 steps to be taken.

15. What are 3 small steps you can take to begin finding solutions?

Caregiver 1 #1 item - 3 steps...

Caregiver 1 #2 item - 3 steps...

Caregiver 2 #1 item - 3 steps...

Caregiver 2 #2 item - 3 steps...

Additional Space

Family resources needed to achieve a great solution (15 minutes)

Write 3-5 word item description, followed by brainstorm ideas or barriers.

16. Now that you've identified some small steps you can take, are there additional resources that might be helpful in accomplishing them? Or, are there barriers that will make the steps harder?

Caregiver 1 #1 item -
more resources or
barriers

Caregiver 1 #2 item -
more resources or
barriers

Caregiver 2 #1 item -
more resources or
barriers

Caregiver 2 #2 item -
more resources or
barriers

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FAMILY WRAP UP and COMPLETION

- * Take a few minutes to transfer the information you learned to the Action Planning Goals and Outcomes.
- * Give family white copy of completed Action Planning Goals and Outcomes form.
- * Tell the family your plan for follow up (call them to see how they're doing, call with any resources or next steps you offered). Let them know that the FRB is an ongoing process and if they find that it is helping them, you would like to go through the process with them again in a few months.
- * Save all the notes from the meeting for use in completing the online interview form.